

PSYC 862-002: COGNITIVE BEHAVIORAL THERAPY WITH ADULTS II Didactic Practicum

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Office Hours: Thu 1:00-2:00 (clinic), by appt

Course Description:

This course is designed to build on your initial instruction in cognitive-behavioral theory and therapy by furthering your understanding of and ability to apply this theory in therapy settings. The overall purpose is to develop your ability to integrate theory, principles, and applications of cognitive therapy and behavioral therapy for a variety of psychological problems. In addition, the literature regarding treatment of specific anxiety disorders and couples distress will be covered, and you will receive training in specific cognitive-behavioral techniques for these issues.

This course will utilize several modes of learning, including readings, lecture, discussion, example video/audiotapes, homework, role plays, and supervision of actual clinical cases. We will not use tests or other methods to grade you, and the grades will simply be "Satisfactory" or "No Credit." This should not, however, give you the impression that you can "slide by" on readings or assignments. Each aspect of the coursework is **essential** to the development of your ability to apply cognitive-behavioral therapy. Class time will be split between didactic instruction and active group supervision of cases. Active participation in supervision of all cases (not just your own) is integral to the learning that will occur in this course.

As before, the course is not intended to convey that cognitive-behavioral therapy is the only acceptable therapy to practice. Rather, it is intended to further inform you of (a) the problems for which cognitive-behavioral therapy has been shown to be efficacious and/or effective, (b) the steps and techniques involved in conducting cognitive-behavioral therapy, particularly for anxiety disorders and couples' distress, and (c) the flexibility of this therapy when it is based on a coherent case conceptualization.

Course Goals:

1. To further the development of your professional identity as a therapist.
2. To further your understanding of the principles and tenets of cognitive and behavioral theories with regard to mental health problems.
3. To further your ability to apply cognitive-behavioral therapy techniques in therapy settings.
4. To learn more cognitive-behavioral techniques for treating specific anxiety disorders and couples' distress and to practice applying these techniques.
5. To further develop your ability to develop a comprehensive, cohesive cognitive-behavioral case conceptualization and to derive a treatment plan from that conceptualization.
6. To further your ability to implement a cognitive-behavioral treatment plan throughout the course of therapy, understanding how the case conceptualization drives all therapeutic activity.
7. To further your appreciation of how issues of diversity (e.g., age, race, ethnicity, culture, sexual orientation, etc.) can be incorporated into a cognitive-behavioral conceptualization.
8. To further your appreciation of the importance of the therapeutic relationship to cognitive-behavioral therapy.

Technology Usage:

Important announcements and study questions may be distributed by email, and you are required to check your Mason email account to receive these [and to keep your mailbox maintained so that messages will not be rejected for over quota]. **Please note that email cannot be considered confidential, so no identifying information regarding clinical cases should be included in email.**

Disabilities:

If you are a student with disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 709-993-2474. All academic accommodations must be arranged through that office. Please note that accommodations **MUST BE MADE BEFORE** grades are assigned. I cannot adjust your grade after the fact.

Week	Topic	Readings
1 1/26	Exposure Therapy Theory Techniques	Abramowitz (2013) Craske et al. (2014) – review Abramowitz et al. (2011): Ch. 5-6
2 2/2	Exposure Therapy Practice Panic Disorder CB Conceptualization	Goldstein & Chambless (1980): pp. 401-406 Barlow (2008): Ch 1
3 2/9	Panic Disorder CB Treatment Interoceptive Exposure	Craske & Barlow (2007)
4 2/16	Generalized Anxiety Disorder CB Conceptualization CB Treatment	Behar et al. (2009) van der Heiden & ten Broeke (2009) Barlow (2008): Ch. 5 - <i>optional</i>
5 2/23	Generalized Anxiety Disorder (cont)	Fracalanza et al. (2014) Intolerance of Uncertainty handout Zinbarg et al. (2006) - <i>review</i>
6 3/2	Social Anxiety Disorder CB Conceptualization CB Treatment	Barlow (2008): Ch. 3 Golden (2011)
7 3/9	Substance Use Disorders <i>Guest Lecturer: Patty Ferssizidis</i> CBT for Substance Misuse Screening, Brief Intervention, and Referral to Treatment (SBIRT)	McHugh et al. (2010) Videos to watch prior to class: <ul style="list-style-type: none"> • http://www2.jbsinternational.com/imc/sbirt/bt/story.html • https://www.dropbox.com/sh/pgb66bkk07bopmd/AAB_C0Cmtxp9GJaWsX6KTwg3ca?dl=0 (watch final video: “Urge Surfing”)
8 3/23	Obsessive Compulsive Disorder Behavioral Conceptualization Exposure/Response Prevention Imaginal Exposure	Barlow (2008): Ch. 4 Steketee (1993): Ch. 9
9 3/30	Obsessive Compulsive Disorder (cont)	Clark (2004): Ch. 2 Grayson (2010)
10 4/6	Posttraumatic Stress Disorder CB Conceptualizations Empirical Status of Treatments	Hembree & Feeny (2006) Cahill & Foa (2007) Ponniah & Hollon (2009)
11 4/13	Posttraumatic Stress Disorder Prolonged Exposure Therapy	Foa et al. (2007)
12 4/20	Posttraumatic Stress Disorder Cognitive Processing Therapy Minority Populations	Barlow (2008): Ch. 2 Hinton et al. (2012)
13 4/27	Couples Distress CB Conceptualization Basic CBT Approaches	Gurman (2008): Ch.1-2
14 5/4	Couples Distress Integrative Beh Coup Ther Other Approaches	Gurman (2008): Ch. 3-5 Christensen et al. (2010)

Reading List

Required Texts

- Barlow, D. H. (2008). *Clinical handbook of psychological disorders: A step-by-step treatment manual (4th ed.)*. New York: Guilford.
- Beck, J. S. (1995). *Cognitive therapy: Basics and beyond*. New York: Guilford.
- Beck, J. S. (2005). *Cognitive therapy for challenging problems: What to do when the basic don't work*. New York: Guilford.
- Gurman, A. S. (2008). *Clinical handbook of couple therapy (4th ed.)*. New York: Guilford.

Optional Text

- Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. H. (2011). *Exposure therapy for anxiety: Principles and practice*. New York, NY: Guilford.

Articles/Chapters/Workbooks

- Abramowitz, J. S. (2013). The practice of exposure therapy: Relevance of cognitive-behavioral theory and extinction theory. *Behavior Therapy, 44*, 548-558.
- Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. H. (2011). *Exposure therapy for anxiety: Principles and practice*. New York, NY: Guilford.
- Behar, E., DiMarco, I. D., Hekler, E. B., Mohlman, J., & Staples, A. M. (2009). Current theoretical models of generalized anxiety disorder (GAD): Conceptual review and treatment implications. *Journal of Anxiety Disorders, 23*, 1011-1023.
- Cahill, S. P., & Foa, E. B. (2007). Psychological theories of PTSD. In M. J. Friedman, T. M. Keane, & P. A. Resick (Eds.), *Handbook of PTSD: Science and practice* (pp. 55-77). New York: Guilford.
- Christensen, A., Atkins, D. C., Baucom, B., & Yi, J. (2010). Marital status and satisfaction five years following a randomized clinical trial comparing traditional versus integrative behavioral couple therapy. *Journal of Consulting and Clinical Psychology, 78*, 225-235.
- Clark, D. A. (2004). *Cognitive-behavioral therapy for OCD*. New York: Guilford.
- Craske, M. G., & Barlow, D. H. (2007). *Mastery of your anxiety and panic: Therapist guide (4th ed.)*. New York: Oxford University Press.
- Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: An inhibitory learning approach. *Behaviour Research and Therapy, 58*, 10-23.
- Foa, E. B., Hembree, E. A., & Rothbaum, B. O. (2007). *Prolonged exposure therapy for PTSD: Emotional processing of traumatic experiences: Therapist guide*. New York: Oxford University Press.
- Fracalanza, K., Koerner, N., & Antony, M. M. (2014). Testing a procedural variant of written imaginal exposure for generalized anxiety disorder. *Journal of Anxiety Disorders, 28*, 559-569.
- Golden, A. (2011). Wrestling with the beaver: Embracing absurd exposure in the treatment of social anxiety disorder. *the Behavior Therapist, 34*, 87-90.
- Goldstein, A. J., & Chambless, D. L. (1980). Comprehensive treatment of agoraphobia. In A. J. Goldstein & E. B. Foa (Eds.), *Handbook of behavioural interventions: A clinical guide*. New York: Wiley.
- Grayson, J. B. (2010). OCD and intolerance of uncertainty: Treatment issues. *Journal of Cognitive Psychotherapy: An International Quarterly, 24*, 3-15.

- Hembree, E. A., & Feeny, N. C. (2006). Cognitive-behavioral perspectives on theory and treatment of posttraumatic stress disorder. In B. O. Rothbaum (Ed.), *Pathological anxiety: Emotional processing in etiology and treatment* (pp. 197-211). New York: Guilford.
- Hinton, D. E., Rivera, E. I., Hofman, S. G., Barlow, D. H., & Otto, M. W. (2012). Adapting CBT for traumatized refugees and ethnic minority patients: Examples from culturally adapted CBT (CA-CBT). *Transcultural Psychiatry, 49*, 340-365.
- McHugh, R. K., Hearon, B. A., & Otto, M. W. (2010). Cognitive-behavioral therapy for substance use disorders. *Psychiatric Clinics of North America, 33*, 511-525.
- Ponniah, K., & Hollon, S. D. (2009). Empirically supported psychological treatments for adult acute stress disorder and posttraumatic stress disorder: A review. *Depression and Anxiety, 26*, 1086-1109.
- Steketee, G. S. (1993). *Treatment of obsessive-compulsive disorder*. New York: Guilford.
- van der Heiden, C., & ten Broeke, E. (2009). The when, why, and how of worry exposure. *Cognitive and Behavioral Practice, 16*, 386-393.
- Zinbarg, R. E., Craske, M. G., & Barlow, D. H. (2006). *Master of your anxiety and worry: Therapist guide (2nd ed.)*. New York: Oxford University Press.